

## Calcium Activity with Participants Holding Food Cards

**It is important to be familiar with foods that contain calcium in order to make healthy lifestyle choices.**

Involve participants in the class to join in an activity.

1. Invite 10 people to come to the front of the class and hand out pictures of the 10 foods listed. These pictures can be printed and laminated from the slide show on the CD related to Calcium food pictures in a Powerpoint presentation.
2. Hand out the cards to the participants and ask them to face the audience so they can see the pictures on the cards.
3. Ask the participants to line up according to the least amount of calcium is 1<sup>st</sup> in the line to the item with the most calcium being 10<sup>th</sup>. The audience may have input into the game. Corrections can be made from the input from all participants.

Discuss the items listed from the most calcium (#10) to least (1) or vice versa. Answers to this activity are listed in the document labeled “**ANSWERS to Calcium Game**”. Rationale to these answers is also listed.

- This game may be modified according to your audience by utilizing the “Calcium Worksheet Game” document on the CD. In this activity each participant will get a copy of the handout which they will rank the items in order.

### Answers and Rationale

- **Cream cheese:** is mostly fat and contains less calcium than most people think. Draining non-fat yogurt for several hours through cheesecloth makes a calcium-rich spread similar to cream cheese.
- **Eggs:** Even though eggs are found in the dairy case, they do not contain valuable amounts of calcium.
- **Low fat cottage cheese:** contains only 80 mg. of calcium because cottage cheese is separated into curds and whey, and the whey, which contains some milk, is removed.
- **Cheddar cheese:** and other “hard” cheeses are higher in calcium content than softer cheeses.
- **Milk:** is a valuable source of calcium and also is fortified with significant amounts of Vitamin D.
- **Vegetarian lasagna:** (made from low- or no-fat cheeses) is a “combination food” and contains calcium from several sources.

The correct order of the calcium cards from the lowest amount of calcium foods to the highest are as follows:

- |     |                                       |                 |
|-----|---------------------------------------|-----------------|
| 1.  | 1 oz. cream cheese:                   | 20-mg. calcium  |
| 2.  | 1 hard-boiled egg:                    | 30-mg. calcium  |
| 3.  | 1/2 cup cooked broccoli:              | 40-mg. calcium  |
| 4.  | 1/2 cup cottage cheese:               | 80-mg. calcium  |
| 5.  | 1 ounce cheddar cheese:               | 205-mg. calcium |
| 6.  | 6 oz. calcium-fortified orange juice: | 250-mg. calcium |
| 7.  | 1 cup milk:                           | 300-mg. calcium |
| 8.  | 1 cup fruit yogurt:                   | 345-mg. calcium |
| 9.  | 3 oz. sardines with bones:            | 370-mg. calcium |
| 10. | 8 oz. vegetable lasagna:              | 450-mg. calcium |

\*Reverse the order, if the game is played from highest to lowest content of calcium.